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NEWS WORTH SHARING.

Young girls in urgent need of bone marrow

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Judgment day for Tortorella after dust-up

Canucks coach set for in-person hearing over melee PAGE 21

DIGI-DOLLARS, DIGI-RISK

SURE, BITCOIN MAY BE COOLER THAN REGULAR CASHOLA, BUT IT'S SUPER RISKY, EXPLAINS OUR METRO BIZ COLUMNIST PAGE 10

Concrete barriers and pylons block through traffic for cars on Point Grey Road from Macdonald to Alma streets. EMILY JACKSON/METRO

Love and hate for Point Grey closure

Traffic. Road officially closes to vehicles, making way for bikes and pedestrians

EMILY JACKSON
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A pedalling paradise or a Kitsilano traffic crisis.

Depending on who you listen to, the city either boosted street safety or created a nightmare when it permanently closed Point Grey Road to through car traffic between Macdonald and Alma streets over the weekend.

The controversial closure is part of a $6-million project to connect the western beaches to the Burrard Bridge with an active transportation greenway safe for pedestrians and cyclists.

"It's so peaceful now," a passing cyclist commented to a group of riders before zipping down the middle of the oceanfront route on Sunday morning, just west of the pylons and concrete barriers forcing cars to turn onto Macdonald.

Moments later, a driver let loose a string of words unfit to print when he realized he could no longer drive directly out of the neighbourhood and had to pull a U-turn.

Some love it and some hate it, but most neighbours Metro spoke with were either confused or angry about the closure.

Judith Rimes, who lives on 4th Avenue, was perplexed by the multiple traffic-pattern changes and concerned about additional traffic on her street. "We've got a lot already," she said.

Heather Macpherson, who rents an apartment just west of the closure, couldn't get a taxi Saturday night as drivers hadn't yet figured out how to reach her home.

Aside from the inconveniences — to get home she has to detour along 3rd Avenue, already a bikeway with parking on both sides — Macpherson questions how ambulances will respond in emergencies due to the concrete barriers completely blocking Point Grey Road.

But supporters such as 3rd Avenue resident Holly Foxcroft were pleased with the changes and the influx of walkers and cyclists enjoying the peaceful atmosphere.

"It does feel like it has returned the street to the neighbourhood," Foxcroft said, noting the closure is similar to changes in the West End that made it less convenient for drivers to cut through.

But the true test, perhaps, will be traffic on the first workday after the closure.

The NPA, which claims Vision Vancouver pushed the closure despite "widespread community opposition," planned a rally against the changes at the corner of Macdonald and Point Grey Road on Monday morning, encouraging drivers to honk if they want the road to reopen.

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Valemount

Snowmobiler dies in avalanche

A snowmobiler has died after getting caught in an avalanche near the Rocky Mountain town of Valemount over the weekend.

Many people were snowmobiling in the area around Goat Ridge near Clemina Creek just before 12:30 Saturday afternoon when the avalanche hit, says Valemount RCMP spokesperson Cst. Lesley Smith.

Many of the snowmobilers carried distress beacons, which helped search and rescue teams find them.

One man rescuers found buried in the snow was confirmed dead.

The B.C. Coroners Service has taken over the case, but avalanche experts deemed the zone too dangerous for the coroner to enter as of press time Sunday.

The area is considered high risk for avalanches, and police are warning recreationalists to stay away.

Avalanche risk has been considerable and high for many parts of B.C. recently.

Beginning Thursday, Parks Canada has issued a special avalanche warning for many of B.C.'s mountain parks, including Jasper, which is about an hour and a half drive from Valemount. The park authority is urging even experienced outdoor enthusiasts to stay out of the backcountry when temperatures are warmest until the warning ends on Monday.

Saturday was B.C.'s Avalanche Awareness Day, an initiative organized by the Canadian Avalanche Centre.

Last week, an avalanche forced Valemount RCMP to close Hwy. 16 near the Alberta border.

ELIZABETH HAMES/FOR METRO

A hockey player places a candle at a memorial for Julie Paskall, who was beaten to death outside Newton Arena in Surrey Dec. 29 as she waited to pick up her son from a hockey game. ELIZABETH HAMES/FOR METRO

Surrey vigil held for 'team mom'

Julie Paskall. Call for better policing after woman was beaten to death while waiting for her son outside of arena

ELIZABETH HAMES
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Julie Paskall was remembered as a selfless volunteer and dedicated mother at a candlelight vigil in Surrey, Saturday night, nearly three weeks after she was killed outside Newton Arena.

Hundreds of community members stood side-by-side cupping tea light candles, as Paskall's husband Al, Mayor Diane Watts and Surrey Minor Hockey Association president Harb Bains spoke about her legacy.

Al said he wanted his wife to be remembered as a great mom to her three children.

"If more moms worked as hard on their family as my wife did, I think this would be a much better world than it is now," he said.

Paskall dedicated all her energy to her children, he said, refusing even to buy new clothes for herself. She was a familiar face at both her daughter's dance practices and in Surrey's hockey community, spending hours keeping score and organizing events for her son's hockey team.

She was "a team mom," said Bains.

Paskall was waiting to pick up her son from hockey practice Dec. 29 when she was brutally beaten in what police suspect to be a robbery. She succumbed to her injuries two days later. RCMP have yet to arrest a suspect.

The tragedy has left the community calling for improved policing in the area. But Al said the change needs to come from within community members themselves.

"We don't need to change the laws, we don't need to change the courts, we need to change ourselves," said Al, his eyes glossy. "It's just something I feel has really been lost in the world now, is the ability to take care of each other and love each other."

However, he acknowledged the support he and his family have received from the community.

"That's probably what's getting us through this," he said.

The Paskalls will hold a private funeral in the coming days.

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MTI COMMUNITY COLLEGE

Killarney Community Centre Society president Ainslie Kwan stands in the preschool at the community centre this month. The society runs the licensed before- and after-school programs. EMILY JACKSON/METRO

Park board lawsuit: Bitter divorce ahead?

Who gets the treadmill? Assets stuck in middle of messy fight over new joint operating agreement

EMILY JACKSON
emily.jackson@metronews.ca

No slide, no seating at the ice rink, no pool tables, no sound system.

If the Killarney Community Centre Society relied on the Vancouver park board to buy the equipment it desired over the years, the community centre would be a whole lot emptier.

"There's almost nothing here that we didn't pay for other than the bricks and mortar," said Keith Jacobson, society treasurer and 26-year volunteer at the centre.

Who paid for what is a big sticking point as the park board tries to evict the society, along with five other community centre associations, for refusing to join negotiations for a new joint operating agreement that promotes equality between centres, universal access and subsidies for low-income residents.

Even though a B.C. Supreme Court judge ruled Friday that the park board can't kick out the six associations until a trial, the dispute over who should control programming and revenue is far from over.

And unless there's a change of heart, it will be just like a divorce.

The associations, which sued the park board for allegedly violating the old operating agreement, could technically walk away with everything they've purchased over the decades if the park board eventually gets the right to give them the boot.

At Killarney, that could mean big losses such as clearing out the fitness centre to small details like removing the benches and folding chairs.

While the society likely wouldn't go that far to spite the park board if they split — it puts the community first, Killarney society president Ainslie Kwan said on a tour of the bustling facility — the park board would have to compensate it somehow.

But Kwan, who is "completely relieved" the judge is letting them stay for the time being, hopes the relationship can be mended out of court.

Hoping to mend the relationship

"The message is not that should the court decision not be in our favour we're packing up and leaving the community; the message is this is our community."

Ainslie Kwan, president of the Killarney Community Centre Society

"The message is not that should the court decision not be in our favour we're packing up and leaving the community; the message is this is our community," Kwan said.

As Kwan and Jacobson walked past teens playing basketball and seniors singing karaoke, Jacobson said the partnership with the park board has been so successful the society doesn't see why it has to change so drastically.

As it stands, the society collects money from membership fees and programming such as the fitness centre, and has cash saved for little fixes and major projects.

They're afraid that if the park board takes over programming and centralizes revenue, they won't be able to save for a rainy day or respond quickly to problems as they arise.

For instance, the society voted to spend $6,000 on a new treadmill one week after the old one broke, Kwan said.

"We're here and we're doing what the community wants," Kwan said. "That's why we're fighting, because we want this to be the best place for our community."

Hastings, Kensington, Kerrisdale, Riley Park Hillcrest and Sunset are also in the legal battle.

The associations offered again Friday to negotiate directly with the park board and drop the lawsuit, but it's not clear whether the park board will engage with them aside from ongoing negotiations with 12 other community centres.

"We've always asked them to the table where we have really great negotiations with the 12," park board commissioner Niki Sharma said Sunday. "We're always happy for them to join the discussions."

Sharma would not reveal any details on the negotiations, which have lasted nearly a year, but says talks are going well. She touted the success of the OneCard, a universal access pass, as proof that the park board is on the right track.

When the park board revealed its plans to shake up the joint operating agreement and centralize revenue at a marathon community meeting, it got so heated police were called.

What did the Killarney society buy?

1 Ice rink seats, scoreboard, panels.

When the city built the ice rink before the Olympics, it didn't have enough cash to put in spectator seating. The society kicked in the extra so parents didn't have to stand during games or figure skating practice. It also bought the scoreboard and paid $22,000 to put in a concession just outside the rink.

2 Mosaic art.

To honour the legacy of the 2010 Olympics, community members created mosaic artwork to place along the walls at the centre. The project was funded by the society.

3 Slide.

The red slide at the pool was an extra the city couldn't afford, so the society bought one to please the children. The society spent $450,000 on top of the city's bill for the pool, including floating toys and an ozone-treating system.

4 Pool tables.

The association purchased two pool tables for a youth lounge that teens at the neighbouring high school use after school. They have to be replaced fairly regularly due to wear and tear.

5 Fitness centre.

The bustling fitness centre is 100 per cent funded and run by the society, which recently spent $36,000 to put in new flooring. ALL PHOTOS EMILY JACKSON

City promises rest of cash for South Vancouver seniors centre

Unexpected. The announcement took the community by surprise

MP Wai Young with community and seniors advocates Mohinder Sidhu, Lorna Gibbs, Shin Wan Hon and Keith Jacobs at the Killarney Community Centre this month. CONTRIBUTED

After more than a decade of lobbying for a space to cook, gather and socialize, Southeast Vancouver seniors will finally get a community centre of their own.

The city has found the cash to fill the funding gap and start construction on a $7.5-million facility for seniors adjacent to the Killarney Community Centre, Mayor Gregor Robertson's office announced Sunday.

Council will vote this week whether to dedicate $1.2 million from last year's operating surplus to building the seniors centre.

The announcement took the community by surprise, as earlier in January Vision Vancouver Coun. Raymond Louie said construction wouldn't be possible without an additional $1.2 million from the province. (The city has already promised $2.5 million and donated land, the province $1.3 million and the federal government $2.5 million.)

But after combing through last year's finances, Louie is confident the city will have enough to cover the remaining costs itself.

"We've saved enough money," Louie said, adding it's a more appropriate source of cash than taking community amenity contributions from other neighbourhoods, as proposed by NPA park board commissioner Melissa DeGenova last November.

"That's just not fair," Louie said.

Regardless of how the city found the money, Killarney seniors are thrilled at the long-awaited news.

"I'm feeling as though I'm the recipient of a miracle," said Lorna Gibbs of the Southeast Vancouver Seniors' Arts & Cultural Society.

"We've finally convinced people there's a need and a rising demographic that won't go away any time soon," she said, crediting Louie and Vancouver South MP Wai Young for their work.

Home to one third of seniors in Vancouver, the community will finally have somewhere they can get a hot meal and interact with peers close to home, Gibbs said.

"It can make such a difference to people who are lonely and isolated," she said. "Seniors have been giving all their lives — now it's their turn to have something special."

EMILY JACKSON/METRO

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Investigation. Surrey RCMP officer shoots and kills man during call

B.C.'s police watchdog is investigating after a man was shot and killed by a Surrey RCMP officer Friday night.

The Independent Investigations Office (IIO) said police were called to a house in the 11700 block of 98A Avenue to check on a man's welfare and encountered the victim upon their arrival.

"During the course of their interaction, the male was shot by a police officer," reads an IIO press release issued Saturday.

The victim was taken to hospital where he succumbed to his injuries, said the IIO.

Their investigators were called to the scene around 10:15 p.m. on Friday.

ELIZABETH HAMES/FOR METRO

Unknowns

Independent Investigations Office spokesperson Owen Court said he couldn't provide many details because the investigation is in the preliminary stages.

Union dues. Ex-treasurer ordered to repay money spent on gambling, kids

The man who was in charge of finances for a Metro Vancouver union has been ordered by a court to repay $1.69 million in misappropriated money, some of which he used to cover gambling debts.

B.C. Supreme Court Justice Kenneth Affleck also ordered two adult children of Robert Victor Eric Ford to each repay the International Longshore & Warehouse Union Local 502 and a related society $2,000 that was deposited into their accounts.

In a decision released Friday, Affleck dismissed part of Ford's defence in which he claimed he had the authority to take the money under longstanding practices of the local.

"There was no practice that, if known to the members of the union local, could have led them to authorize Mr. Ford to appropriate for his own use sums of money which greatly exceeded his aggregate salary and benefits," said Affleck.

Affleck said Ford, who served as secretary-treasurer from 2003 to 2012, was able to "perpetrate his dishonest scheme" because of the local's lax accounting practices.

He said the local paid its bills mainly by cheque, which Ford could manipulate, and frequently dealt with cash. He said the local often gave the secretary-treasurer blank cheques, and Ford took advantage "by writing cheques in essence to himself and camouflaging his deceit in various ways."

THE CANADIAN PRESS

Other players

The judge adjourned the civil action by the union against the wife of Robert Victor Eric Ford.

- His two adult children who were ordered to repay money were identified as Mitchell Ford and James Ford.

Insite

Combative man with stab wound forcibly sedated

Doctors had to sedate a man when he refused to co-operate with police after walking into a safe injection site with a serious stab wound Saturday night.

The 25-year-old victim walked into Insite on East Hastings Street just after 11 p.m. but wouldn't tell police who attacked him or where the stabbing took place, police say.

"He was combative with doctors and nurses and had to be restrained and sedated," said Const. Brian Montague, Vancouver police spokesperson, in an email.

The victim is well-known to police, said Montague. His injuries are not life-threatening.

Police continue to investigate the stabbing.

ELIZABETH HAMES/FOR METRO

Nadia Bjarnason, 2, is in urgent need of a bone-marrow transplant. COURTESY NADIASQUEST.CA

Parents hope donor drive will save girls

Bone marrow. Toddler struggling to find compatible donor with similar ethnicity

SINDHU DHARMARAJAH
vancouver@metronews.ca

Time is of the essence for a two-year-old from Kelowna diagnosed with a rare genetic disorder.

Nadia Bjarnason was diagnosed with Dyskeratosis Congentia and urgently needs a bone-marrow transplant. Her parents hope a marrow-donor registry drive event in Vancouver on Feb. 2 will help them find a match.

"We're just running out of time because her bone marrow is failing. Her blood counts are getting lower and lower," said Nadia's father Thorarin Bjarnason.

Bone marrow is the tissue needed to produce new blood cells. Because of this, Nadia is extremely susceptible to infections that could be fatal, said Bjarnason.

"Even if we don't get a perfect match, (the event) could help a lot of other people waiting to get a transplant. It can help people on the registry," added Bjarnason.

Priorities

"A few days of discomfort is a small price to save the life of someone just like Nadia."

Thorarin Bjarnason, father of two-year-old Nadia, who is in desperate need of a bone-marrow transplant

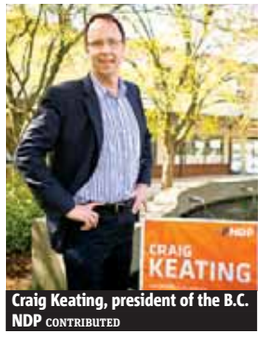
Canadian Blood Services' OneMatch is organizing the drive for Nadia and another toddler named Sophia.

The best donors are men between ages 17-35, but all are welcome to get their cheeks swabbed at Zavieh Mystical Society at Burrard and Nelson Street from 1 to 5 p.m.

The organizers are looking specifically for minority group donors, said Bjarnason. Nadia is in a minority group, which is one of the reasons she's struggling to find a match.

Event organizer Elham Shahinfard said there aren't enough donors in the bank to help patients find a perfect match.

"It is usually their last chance to save their lives. They'll have a chance with someone with a similar ethnicity, so it is important that all different ethnicities are in the international bank."



Craig Keating, president of the B.C. NDP CONTRIBUTED

NDP to replace Dix in September

The B.C. NDP will pick its new leader on Sept. 28, the party announced on Saturday.

Members will vote for four days, Sept. 24 to 27, before the winner is revealed at a party convention in Vancouver. They will cast preferential ballots through a telephone or online voting system.

"We have set in place rules for a modern, fair, one-member one-vote leadership election," said Craig Keating, president of the B.C. NDP in a statement.

Last September, current leader Adrian Dix announced he would step down from his position after the party lost to the Liberals in May. The NDP then appointed a committee to analyze its surprise loss.

Several members of the party's provincial caucus are considering running for leader, including finance critic Mike Farnworth who placed second in 2011. However, none have officially declared their candidacy.

"We're going to have a great race with some exciting candidates who are going to present a positive alternative to British Columbians to Christy Clark's failed agenda," said Keating.

SINDHU DHARMARAJAH/FOR METRO

Putin tries reassurance but trips over gay issue

Sochi. President reiterates official stance there will be no discrimination against gays at Olympics

Russian President Vladimir Putin has offered new assurances to gay athletes and fans attending the 2014 Sochi Winter Olympics next month. Yet he defended Russia's anti-gay law by equating gays with pedophiles and said Russia needs to "cleanse" itself of homosexuality if it wants to increase its birth rate.

"There are no fears for people with this nontraditional orientation who plan to come to Sochi as guests or participants," Putin declared.

Putin refused to answer a question on whether he believes that people are born gay or become gay. The Russian law, however, suggests that information about homosexuality can influence a child's sexual orientation.

He said the law was aimed at banning propaganda of homosexuality and pedophilia, suggesting that gays are more likely to abuse children.

The law on propaganda has been used to justify barring gay pride rallies on the grounds that children might see them. This has raised the question of how athletes and fans would be treated for any gay rights protests during the Olympics. When asked about this by the ABC TV channel, Putin said protests against the law itself would not be considered propaganda.

THE ASSOCIATED PRESS

A Russian gay rights activist walks along a police line during a rally on a Moscow boulevard on Sunday. ALEXANDER ZEMLIANICHENKO/ THE ASSOCIATED PRESS

China

790,000 fake ID records found in police database

Police in China have discovered 790,000 fake ID records in their system, which can be used to gain benefits, hide assets and circumvent property ownership restrictions.

The records that included people registering with different details came to light when police used image matching technology, the Ministry of Public Security said Sunday. THE ASSOCIATED PRESS

Britain

Councilman blames floods on gay marriage law

The British far-right United Kingdom Independence Party has suspended local councilman David Silvester who blamed recent severe flooding on the U.K. government's legalization of gay marriage.

The party initially defended Silvester but suspended him Sunday for defying instructions not to give further interviews.

THE ASSOCIATED PRESS

Orthodox Christians take Epiphany dip in Belarus

A man crosses himself while bathing in the ice cold water during Orthodox Epiphany celebrations at a lake in the village of Zadomlya, Belarus, Sunday. Thousands of Belarusian Orthodox Church followers plunged into icy rivers and ponds across the country to mark Epiphany, cleansing themselves with water deemed holy for the day.

SERGEI GRITS/THE ASSOCIATED PRESS

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Harper hailed as 'a great friend of Israel' during lavish welcome

Mideast trip. PM will address Knesset, meet with the president of the Palestinian authority and also visit Jordan during his six-day visit

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an honour guard as a military band played. The two men greeted a receiving line of high-ranking Israeli and Canadian ministers, diplomats and rabbis from both countries. Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran, telling Harper he's "shown courage, clarity and conviction."

After beaming through Netanyahu's praise, Harper strode to the podium to say he was delighted to be in Israel, adding he'd save further comments for his speech to the Knesset, Israel's parliament, on Monday.

That historic address comes after Harper travels to Ramallah for a meeting with Palestinian Authority President Mahmoud Abbas. He'll also visit Jordan at the end of the six-day visit.

THE CANADIAN PRESS

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- Harper will be the first Canadian prime minister ever to address the Knesset.

Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Jerusalem on Sunday. While in the Middle East, Harper will visit Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

Canadians killed in Kabul 'dedicated,' 'good persons'

JOE LOFARO
Metro in Ottawa

Two Canadians killed in a suicide bombing at a restaurant in Kabul Friday were "dedicated" workers contributing to the "peace and security" of Afghanistan, co-workers and family members said.

Daniel Charron, a partner at Samson and Associates where Peter McSheffrey and Martin Glazer worked as accountants, said employees at the Gatineau-based firm are in shock and devastated.

A suicide bomber walked into La Taverna du Liban, a popular restaurant frequented by foreigners in Kabul, followed by two armed gunmen who opened fire on patrons during dinner. McSheffrey, who was in his early 40s, and Glazer, 49, were among the 21 people killed, 13 of which were foreigners.

"They were taking a lot of pride in their work. They were good persons with a good heart," Charron told Metro Sunday.

McSheffrey, of Ottawa, and Glazer, of Gatineau, Que., were hired by the Canadian International Development Agency to audit an international organization in Kabul which received funds from the government of Canada, said Charron. They were scheduled to return to Canada this week.

"Right now it's devastating," said Charron. "We're working with the embassy and the military to bring back the bodies for the families in Canada."

WITH FILES FROM THE CANADIAN PRESS

Martin Glazer of Gatineau, Que., left, and Peter McSheffrey of Ottawa are shown in their LinkedIn profile photos. They were among 21 people killed in Friday's attack at a popular restaurant in Kabul, Afghanistan. LINKEDIN/THE CANADIAN PRESS

Marijuana. Obama: Pot a 'waste of time' but no more dangerous than alcohol

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in an interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy," Obama said.

Obama's administration has given states permission to experiment with marijuana regulation, and laws passed in Colorado and Washington legalizing marijuana recently went into effect. The president said it was important for the legalization of marijuana to go forward in those states to avoid a situation in which only a few are punished while a large portion of people have broken the law at one time or another.

The president said he is troubled at the disproportionate number of arrests and imprisonments of minorities for marijuana use. "Middle-class kids don't get locked up for smoking pot, and poor kids do," he said. "And African-American kids and Latino kids are more likely to be poor and less likely to have the resources and the support to avoid unduly harsh penalties." THE ASSOCIATED PRESS

U.S. President Barack Obama speaks in Washington on Friday. CAROLYN KASTER/THE ASSOCIATED PRESS

Q4 fundraising

Tories raise $5.2M to Liberals' $4.3M

The Conservatives easily defended their position as top political fundraisers last year, taking in $5.2 million in the final quarter of 2013.

Party president John Walsh told supporters in an email Sunday that the party had its best fourth quarter ever in a non-election year.

The Liberals had hoped to overtake the Tories during that last three-month stretch, but came in at $4.3 million. THE CANADIAN PRESS

Webbing Ball

Spidey Cyruses twerk for mates

Think Miley Cyrus, but with more legs. Black widow spiders use jittery, abdominal movements not unlike twerking, the hip-shaking dance move made famous by Cyrus, to navigate the dangerous world of arachnid mating, according to a newly published study from a team of B.C. researchers. THE CANADIAN PRESS

Anti-protest laws in Kyiv lead to clashes with police

New mass disorder charges invoked.
Ministry says convictions could bring sentences of up to 15 years

Thousands of anti-government demonstrators clashed for hours with riot police in Ukraine's capital Kyiv on Sunday, attacking officers with sticks, stones and flares after new laws were passed to stifle protests. Dozens of people, including more than 20 police officers, were injured.

The protesters, many wearing hard hats and gas masks in defiance of the new legislation, also used stun grenades and fire extinguishers on officers. A police bus was set on fire, and some activists broke pavement into chunks.

Police responded by using tear gas and stun grenades of their own. Water cannons were also fired at the protesters in temperatures of -8 C, but the clashes continued.

The violence seriously escalated Ukraine's political crisis, which erupted two months ago after President Viktor Yanukovych's decision to freeze ties with the European Union and seek a huge bailout from Russia.

The decision set off around-the-clock protests in Kyiv's centre, where demonstrators built a large tent camp. The protests have been mostly peaceful, but anger rose sharply after Yanukovych on Friday approved laws sharply limiting Ukrainians' rights to protest, civic activism and free speech. The U.S. called that legislation "undemocratic." THE ASSOCIATED PRESS

Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, is attacked and sprayed with a fire extinguisher as he tries to stop the clash between police and protesters in central Kyiv, Ukraine, on Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Pakistan

Bomb explosion in military city of Rawalpindi causes injury and death

A Pakistani police official says a bomb blast in the city of Rawalpindi has killed four people.

Omar Sohail said the blast also wounded 15 people.

He said police are investigating whether it was a suicide bomber on a motorcycle who blew himself up.

Rawalpindi is next to the capital of Islamabad and is home to Pakistan's military headquarters. The explosion happened in an area where there are many military installations.

The blast came one day after 20 troops were killed in northwest Pakistan in one of the deadliest incidents against their forces fighting militants in the tribal regions.
THE ASSOCIATED PRESS

Two grenade blasts hit protest site in Bangkok

Two explosions shook an anti-government demonstration site in Thailand's capital on Sunday, wounding at least 28 people in the latest violence to hit Bangkok as the nation's increasingly bloody political crisis drags on.

Police said the blasts near Victory Monument, in the north of the city, were caused by fragmentation grenades, the same kind that killed one man and wounded dozens Friday in a similar explosion targeting protest marchers.

The demonstrators, who control several small patches of Bangkok, are vying to overthrow Prime Minister Yingluck Shinawatra's government and derail Feb. 2 elections she called to quell the crisis. The protest movement has refused to negotiate and the rising casualty toll has only deepened the deadlock.

Witnesses said the explosions occurred about two minutes apart. The first blast went off about 100-200 metres from a stage set up by protesters, leaving a small crater beside a small shop. The second went off near a row of vendors selling anti-government T-shirts in the street, leaving bloody clothes and a ripped white-and-blue plastic tarp scattered across the ground.

Friends and relatives of Prakong Chuchan, a protester who was killed in Friday's bomb blast, cry over his body before a memorial service at Rama hospital in Bangkok on Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Protest leader Thaworn Senniem said the attacker, a man, was aiming at him but the first grenade bounced off a tree and exploded near protesters. He said the suspect ran, threw a second grenade, and was chased down an alley, where he fled on a motorcycle.

Although the vast majority of Bangkok remains calm, political violence nearly every day over the last week has kept the city of 12 million on edge and raised fears hostilities are only just beginning.

On Friday, a grenade hurled at marching demonstrators in central Bangkok killed one man and injured dozens. Then, late Saturday, a gunman opened fire on protesters in the capital's Lad Prao district, seriously wounding a 54-year-old volunteer guard who was shot in the back. THE ASSOCIATED PRESS

Make Reservations and Keep Resolutions:

Dine Out Vancouver Festival's Snowshoe Fondue

Vancouver, BC

Dine out and work out? Talk about a timesaver. And great timing, too, since Canada's largest restaurant festival takes place right around the time that most people start approaching their New Year resolutions with dread and distaste. Luckily, Dine Out VancouverTM Festival makes it easy to stay healthy while treating yourself to the city's culinary highlights. Case in point: brand-new event The Snowshoe Fondue.

During this hardy trip up Grouse Mountain, up to 100 guests will meet, mingle and strap on snowshoes for a twilight trek through scenic wilderness. The package includes a one-hour guided tour, headlamps (partly to navigate through darkened trails, but primarily to look rugged and cool), snowshoe rentals, and a decadent cheese, chocolate and broth fondue served après-hike in Altitudes Bistro. Want a taster of the menu? Think freshly baked, organic baguettes paired with ooey-gooey Canadian cheese; broth bases featuring Atlantic scallops, Pacific black cod, chicken and beef, or good-for-you veggies and tofu; and seasonal fruit with banana bread dipped in rich chocolate. For those who really want to celebrate (and who doesn't?), there's also a cash bar.

But The Snowshoe Fondue isn't just about exploring and eating – it's also a great way for locals and visitors to connect over their shared love of food. After an invigorating, exhilarating trek through Vancouver's gorgeous mountains and bonding over the inevitable dripped-fondue-all-over-my-shirt, you're guaranteed to make fast friends for the evening – and maybe even beyond. Every story starts with a reservation, and reserving your spot in this very Vancouver festival event could be the start of your own.

The Snowshoe Fondue is dirt-cheap at $95 per person (ideal for romantic gifts!) and the entire experience lasts approximately 4.5 hours. For an additional $15, diners can purchase a seat on a round-trip shuttle departing from Canada Place. And if you really want to make an experience out of it, book a room at a participating hotel so all you have to do post-workout is roll into bed. Happy trails indeed.

Book this event at:
www.dineoutvancouver.com

SONU PURHAR / FOR TOURISM VANCOUVER

A dream derailed

Streets named after MLK struggle to rise above urban blight

A walk down the 10-kilometre city street named for the Rev. Martin Luther King Jr. yields plenty of images that would surely unsettle the civil rights leader: shuttered storefronts, open-air drug markets and a glut of pawn shops.

Nearly three decades into the observance of Monday's U.S. federal holiday honouring the slain Nobel Peace Prize laureate, the continuing decline of the most visible symbols of King's work has activists calling for a renewed commitment to the more than 900 streets in the U.S. named in King's honour.

THE ASSOCIATED PRESS

Mined controversy

Neil Young wraps up anti-oilsands concert series

Canadian rocker Neil Young said Sunday in Calgary his Honour the Treaties tour accomplished what it set out to do, surpassing its fundraising goal for a Northern Alberta First Nation fighting oilsands development and raising awareness of the broader issue of aboriginal rights.

During the four-city tour Young dropped statements about the oilsands that many denounced as over the top. On Sunday, Young continued to stand by statements that the oilsands mining projects near Fort McMurray resemble the devastation wrought by the atomic bomb in Hiroshima in 1945. THE CANADIAN PRESS

Buyer beware: The bitcoin bonanza

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it currency, speculation, a black-market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at $0.30 US per unit, or even early last year when the price had jumped to $13 US, it's been a whale of a deal. Today, a single bitcoin is worth $866 US.

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travellers (changing currency can be an expensive nuisance, and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2013 shutdown of the illicit drug site Silk Road cast a pall over the currency.

Nonetheless, there are predictions that a single unit will be worth as much as $100,000 US one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.

Risky business

Buy the cyber-currency at your own risk.

- While physical bitcoins exist, they're mainly for collectors. A bitcoin wallet is like a virtual bank account with token-like credits purchased for cash. There is no personal identification attached to the wallet, just a bunch of computer codes.
- The currency is available through an increasing array of bitcoin exchanges or in private transactions where a bitcoin holder transfers them into your "wallet" in return for payment.
- There are now bitcoin ATMs popping up across Canada (in Toronto, Vancouver and Ottawa, with more on the way) where cash gets you digital dough.
- If lost, stolen by hackers or left on your recycled old smartphone or tablet, kiss the currency goodbye.

Bursting the bitcoin bubble

Without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2011 shutdown of the illicit drug site Silk Road cast a pall over the currency.

A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

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ONE WAY TO EMBARRASS YOURSELF

URBAN COMPASS

Paul Sullivan
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Vancouver is notorious for its hockey riots.

After Saturday night, it turns out we were just getting started.

Not satisfied with starting a brawl outside the arena, we decided to get going inside the arena the moment the puck was dropped.

And then, boldly going where no goon has gone before, Canucks coach John Tortorella decided to start a riot in the visitors' dressing room between the first and second periods.

Everybody who was wondering when Torts was going to abandon his temporary Zen master persona and go all beast mode now has the answer: Jan. 18, 2014. Significantly, it came after a seven-game losing streak that coach was desperate to reverse. He had done everything short of sending the Zamboni driver in to play centre, so we knew it was a matter of when, not if.

The lid came off in such a spectacular fashion that complete strangers are talking about it this morning in the elevator, always a sign. I suspect there are many who admire, or are at least amused by, Tortorella's show of passion for his team, but I, for one, will miss the Zen master.

I realize these are desperate times, but is it really necessary to start your goon line to open the game then invade the opposing team's locker room between periods like Attila the Coach?

Some will argue: Well, it worked, didn't it? We won the game. But if we've been paying attention, we know the Canucks can beat NHL bottom feeders like the Calgary Flames without dragging their knuckles along the ice, but can't beat the Anaheim Ducks no matter what they do. This may be because they've traded away a bunch of guys who can shoot and score (Cody Hodgson) for guys who can't (Zack Kassian), but what do I know? I'm not a coach. I need a Zen master.

Too bad my Zen master is losing his mind one shift at a time. Passion is one thing, but it seems to me it would be better spent on inspiring people to pass, shoot and score with speed and accuracy rather than acting on dubious conspiracy theories, like the other coach is out to get us.

More like the other coach is out to get under our skin.

And guess what? He succeeded.

The NHL schedule is 82 games long. You would hope your coach has the knowledge and skill to make as many of the right moves as possible to make his players competitive night after night, game after game.

Like I said, I'm no Zen master, just a fan, but is common assault good defence, or merely offensive?

Take one for the team, Torts

... it seems to me it would be better spent on inspiring people to pass, shoot and score with speed and accuracy rather than acting on dubious conspiracy theories, e.g. the other coach is out to get us.

ZOOM

Yet another weird festival in Spain

BLAZQUEZ DOMINGUEZ/GETTY IMAGES

This one involves throwing turnips

A man throws a turnip at the Jarramplas as he makes his way through the streets beating his drum during the Jarramplas Festival on Sunday in Piornal, Spain.

The centuries old Jarramplas festival takes place annually every January 19 to 20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

Clickbait

LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Horizon:

Vertical video syndrome , or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwindowdog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button. Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

CONTRIBUTED

Twitter

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her? (See story, page 12)

@fakeGAINER: All "No Smoking" signs come down when she's dining in because she is SMOKING hot baby! #wendys #hotredhead

@phronk: I'd say @MsMorganSmith is my favourite person in television.

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro

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SCENE 2

When you're the woman for Wendy's

Morgan Smith.
Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA BIGRIGG
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What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond. "They're kind of like the unicorns of modern day society.

"I don't want to seem hypocritical, because I'm not a natural redhead," she added. "I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting. "I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

Small-town Smith

- **Morgan Smith says she always knew she wanted to move to New York City and perform.** Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform."

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there.

"It's given me a ton of exposure. You have to be forever grateful and very flattered when a company will trust you with their brand. So I don't take it lightly."

Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online. Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her. "I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people a forum to say whatever they want without consequence. If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said. "I know it's out there, I'm well aware. Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress. "I'm still working on some other stuff. Some really interesting things have presented themselves, we're just looking for the right opportunity."

Opinion

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

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No one enjoys telling self-aggrandizing Hollywood stories more than Bob Evans. Does he narrate his own books? Sure. Goes off-script? You bet. His often-mimicked humble brag tone is an unintentional delight and because he was head of Paramount during The Godfather, delivers good stuff. Deluded? Yes, but slickly presented, really slick with video, audio, and scanned memorabilia. Not bad, Evans.

Box office

Ride Along arrests rivals

Ride Along arrived in first place at the weekend box office. The buddy cop comedy featuring Kevin Hart and Ice Cube debuted with $41.2 million, according to studio estimates Sunday. Universal's Navy SEAL drama "Lone Survivor" starring Mark Wahlberg, Taylor Kitsch, Emile Hirsch and Ben Foster earned $23.2 million in second place in its second weekend in wide release. **THE ASSOCIATED PRESS**

Christopher Nolan comes full circle at Slamdance Film Festival

Founder's Award. Filmmaker receives newly created prize, waxes positive about indie film fest

Christopher Nolan received the Slamdance Founder's Award on the weekend in Utah. GETTY IMAGES

Batman Trilogy director Christopher Nolan, one of Hollywood's biggest success stories, returned Saturday to the tiny hotel screening room where it all began for him.

The British filmmaker behind the multi-billion-dollar Batman franchise and also Inception, another global hit, was at the Slamdance Film Festival to receive the newly created Slamdance Founder's Award, recognizing both his astounding 15-year-climb to the top and the fest's 20th anniversary.

It was at the 1999 edition of the then-fledgling Slamdance, an upstart rival to the bigger Sundance Film Festival further down Main St., in Park City, Utah, that Nolan premiered his first feature, Following, a mystery thriller he shot on weekends with friends for the equivalent of $6,000 (U.S.).

He screened it in the makeshift movie theatre off the hotel lobby that Slamdance uses inside its headquarters at the rustic Treasure Mountain Inn.

It's an extremely cramped space with an official seating capacity of 140 people, although it looked as if at least a couple of dozen more were wedged in to see Nolan receive his award, which is shaped like a small movie camera sprouting wings.

"It seems an incredibly long time since I was here last . . . but it feels like only yesterday," said Nolan, 43,

"And for those of you wondering, this room hasn't changed in the slightest!"

Nolan said he was thrilled to receive honours handed to him by Slamdance co-founder Peter Baxter, because the festival continues to support many independent and first-time filmmakers. "It's a true community of filmmakers and that's a thing that's much more rare than you'd expect to be in the world, frankly."

The recognition from Slamdance in 1999 gave Nolan the leg up he needed to secure the money to make and distribute his next film, Memento, a mind-puzzler about a man with a failing memory, played by Guy Pearce, who is trying to find out who raped and murdered his wife.

Memento screened at Sundance in 2000 and went on to become a cult hit.

The Batman Trilogy — Batman Begins, The Dark Knight and The Dark Knight Rises — followed in the years after that, along with Inception and other noteworthy films.

Dressed as usual in a business suit and open-necked dress shirt, Nolan used the occasion to give some advice to the many rookie filmmakers in the room who were hanging onto his every word.

"What Slamdance teaches you is that whilst it's wonderful to have a great community around you of filmmakers, you have to be prepared to do everything yourself…

"The truth is, you have to be prepared to carry the flag for a film when nobody else will. If you're not prepared to do that, then nobody else will bother."

Taking questions from the audience, Nolan put to rest the long-floated rumour that Memento was originally supposed to star Brad Pitt instead of Pearce, but Nolan had turned the superstar down.

Quoted

"What Slamdance teaches you is that whilst it's wonderful to have a great community around you of filmmakers, you have to be prepared to do everything yourself..."
Christopher Nolan on filmmaking

"He turned me down!" Nolan said, as the room erupted in laughter.

"He did read the script and he met with me about it when he didn't have any reason to know who I was or anything about it."

Pitt ultimately decided the role wasn't for him. Added Nolan: "I have no idea how he read (the script), because I didn't send it to him."

The session had a surreal moment when a female audience member dressed in full Wonder Woman regalia started peppering Nolan with questions about the casting of actors for superheroes, apparently offering herself for a future film. A baffled Nolan politely moved to another questioner.

Slamdance's Baxter said he can't believe that nobody had noticed Nolan's filmmaking talent before he came to Park City in 1999.

"It seemed so obvious to me that here was a great new filmmaking voice who was going to advance storytelling and film production, and other Slamdance programmers agreed!"

TORSTAR NEWS SERVICE

Aaron Paul loves playing Hellions

Sundance. Actor says his day-to-day life is full of blessings, so he likes the darker roles

Aaron Paul, the other star from the hit TV series Breaking Bad, gave one of his Twitter followers a hug onstage at the Sundance Film Festival Friday, following the world premiere of Hellion, his new family drama.

A female fan in the audience at the Library Theatre rose during the Q&A session following the screening to tell Paul she was so happy that he'd followed her on Twitter a day earlier.

"Oh, hey, it's really nice to meet you!" Paul said, to much audience laughter.

He called her up to meet him and gave her a big hug.

"You're so sweet. Did you like the movie?"

"It's awesome!" the fan said.

She can consider herself pretty special. Paul has more than 1.6 million followers to his @aaronpaul_8 Twitter account, but he currently only follows 241 people.

Paul probably felt the room needed a little levity, and maybe a bunch of hugs, after the harrowing experience of watching Hellion, in which he plays the troubled Texas father to two motherless sons: Jacob, 13, played by Josh Wiggins, and Wes, 10, played by Deke Garner.

Paul's character, Hollis, is a sullen alcoholic whose life has gone off the rails after the death of his wife. He's been unable to properly care for his two boys, who have gotten up to all kinds of vandalism and other mischief, forcing child welfare authorities to step in.

Writer-director Kat Candler adapted the film from her 2012 short of the same name, which played that year's Sundance fest.

Another fan rose to ask Paul why he seems to like playing messed-up people like his crystal meth-making character, Jesse, who is partner in crime to Bryan Cranston's Walter White in Breaking Bad.

"For some reason, I always gravitate towards characters who are somehow affected. In my day-to-day life, I feel so blessed and happy and everything is going great. I just like playing characters who just affect me and truly make me feel as if I am living in somebody else's skin," Paul said.

TORSTAR NEWS SERVICE

Aaron Paul, left, and Josh Wiggins, cast members in Hellion. THE ASSOCIATED PRESS

Transgender actress hopes Brave New Girls will send message of acceptance

Jenna Talackova. New Canadian reality TV series explores lives of 'regular girls trying to make it'

After taking on tycoon Donald Trump and becoming an advocate for equal rights as the first transgender Miss Universe Canada contestant in 2012, Jenna Talackova was swimming in offers promising fame.

"I was pitched many shows when I was in L.A.," the statuesque, six-foot-one blonde said in a recent interview. "My agent kept sending me down there and it just didn't align with my personality.

"Dating shows and all these kinds of things — it wasn't the message I was trying to give out to the world and so I lost a lot of confidence."

Transgender model and former Miss Universe Canada contestant Jenna Talackova, centre, with cast members Dajana Radovanovic, right, and Angela Perry star in the new television show Brave New Girls. NATHAN DENETTE/THE CANADIAN PRESS

The 25-year-old did like one show idea — one in which she would train to become a Victoria's Secret model, a longtime goal of hers — but it didn't work out.

And then she met the producers of E's new original Canadian series Brave New Girls, which premieres Sunday at 10 p.m. EST.

Talackova said she wanted to star in the reality series because it's Canadian and offered the chance to move from Vancouver to Toronto to pursue her dreams of modelling and acting.

Quoted

"What a person doesn't understand they usually become scared of ... I've got to realize that by telling my story, exposing my life, that I'm making it socially acceptable for all the younger women, transgendered women, out there."

Jenna Talackova

"I just hope I make it more socially acceptable for anybody that's different from society's kind of person," said Talackova, who decided to fully transition into a woman at age 14 and had sex reassignment surgery at age 19.

"So I hope this show sends that message — to accept people for who they are."

The show also stars Talackova's friend Dajana Radovanovic, a model who's finishing her criminology degree and wants Talackova to focus on her goals. Also featured is her more free-wheeling cousin Angela Perry, who wants her to loosen up.

Perry wanted to be on the show to support what she felt was a positive message and "a way to promote understanding and acceptance."

"We're not in medieval times anymore," she said.

Radovanovic felt it was "an amazing platform" for young women and people from all walks of life.

"Just to see Jenna living a regular life like everybody else, that's probably the main message, and just to see that we're all just regular girls trying to make it."

THE CANADIAN PRESS

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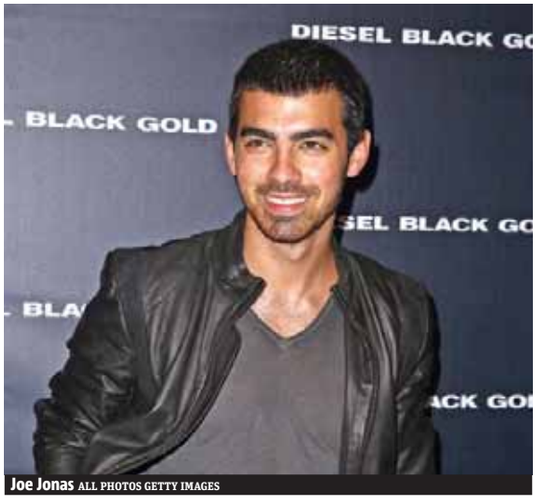
OUR TAKE ON THE WORLD OF CELEBRITIES



Joe Jonas ALL PHOTOS GETTY IMAGES

Joe Jonas is Burnin' Up L.A. streets as a cab driver

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A., an image just slightly sadder than that time 'N Sync "re-united" at the VMAs.

Twitter user @lindsey-farwell and some friends ordered a cab through the popular Uber taxi app last Thursday and got the thrill — OK, the mild surprise — of a lifetime when the driver of their cab turned out to be the one-time boy band star. According to her tweet, "Today @millsbopp and I got in an @Uber and @joejonas was our driver and we went to Pinkberry and then took a selfie." But from the looks of the selfie she posted, it seems like Jonas is a good sport and sort of weirdly happy to be driving a cab instead of driving tween girls wild.

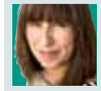
Johnny Depp

Have you Heard those wedding bells, Johnny?

While Johnny Depp shared 14 years together — and two children — with Vanessa Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp has reportedly proposed to girlfriend Amber Heard, according to People magazine. "They couldn't be happier to be engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming The Rum Diary, went public as a couple shortly after he split from Paradis in 2012. Prior to settling down with Paradis, Depp was married once before — briefly, at age 20 — and was engaged at various points to Jennifer Grey, Sherilyn Fenn and Winona Ryder.

Pop Goes the Week

Ke$ha and mom spend time together



STARGAZING
Malene Arpe
scene@metronews.ca

Ke$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen **(who is, FYI, the grandson of Steve McQueen).** Robin and Sean's son Hopper was all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatevs."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egging incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Bieberdict without being accused of a crime?

Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It was not meant as a racial slur. I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people the wrong impression. Forgive me."

Dennis Rodman

First North Korea, then rehab

This might explain some of his more outrageous recent behaviour: Dennis Rodman has checked himself into an East Coast rehab facility to treat his alcoholism, according to CNN. Rodman, who has been in the news for his goings-on with North Korean dictator Kim Jong Un, most recently exploded at a CNN reporter during a live interview, and he later blamed his actions on his drinking.

Twitter

@Real_Liam_Payne
Being a fan of someones show and the way they still hold a family together doesnt mean i am ok with all they say. **(comment about Duck Dynasty)**

@AlbertBrooks
Why am I hearing what The Bachelor thinks about anything? Why? Why?

@oliviawilde
Just realized I am following a bunch of people by accident. How creepy. I feel like Robert Downy Jr waking up in the little girl's bedroom.

Travel Tidbit

Trip, interrupted

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled flights and disgruntled travellers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see.

Coverage: trip cancellation (for medical reasons), trip interruption, meals and accommodation, (trip) transportation, missed connection benefit, travel delay (per day max.), delays of your scheduled carrier, next occupancy. Coverage can vary so check your insurance provider's policy.

Cost: Depending on the price of your trip, where you are travelling, and what you choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

Where to buy it: It can be as easy as going online. Visit pcinsurance.ca to get a quick quote, and purchase insurance immediately. Out of country medical is also offered. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, bestselling book Reasons Mommy Drinks at metronews.ca/voices.

Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for college essays and scholarships.

"There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and adolescents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12 to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of the movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

THE ASSOCIATED PRESS

Talking breast cancer

EMILY LAURENCE
Metro World News in New York City

It's safe to say that pretty much every pre-teenage girl is self-conscious about her bra size, and doesn't want to talk about it.

Any discussion with the word "breast" is likely to make your daughter squirm with discomfort, but if having such discussions about breast cancer helps lower her risk of being among the one in eight women diagnosed with it, then they are definitely worth having.

The advocacy group Nourish Our Girls teamed up with the snack SuperSeedz to educate adolescents on how they can reduce their risk of getting breast cancer later in life. Their research has found making smart food choices is key.

"It is almost unbelievable that there is so little awareness about just how critical early diet and nutrition can be in reducing breast cancer risk," says nutritionist Nicole Larizza.

Establishing good eating habits early in life is crucial, which has obvious benefits that extend beyond lowering one's risk of developing breast cancer.

Talk with your daughter about how making healthy choices when it comes to her snacks or school lunch will lower her odds of becoming a victim of the fourth leading cause of death in the U.S.

Talking about breast cancer is vital to raising awareness. ISTOCK

Put Fettuccine Alfredo on a diet and get rid of almost half its calories

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

Traditional Fettuccine Alfredo made with butter, cream and cheese, is better known as "heart attack on a plate". It is definitely not recommended on a regular basis due to the high calories, fat and saturated fat.

A restaurant version can have more than 1,000 calories and 45 grams of fat!

My adaptation is not only delicious but so much healthier with a fraction of the calories (410) and fat (seven grams) .

The sauce in this version, uses stock, evaporated milk and light cream cheese to replace the commonly used, high caloric ingredients.

I add the chicken so that you have a lean protein with your carbohydrates and make it a complete meal.

You can always substitute the chicken with fish, seafood, tofu or lean beef. This keeps you fully satisfied much longer than just a pasta dish.

For an extra boost of fibre, try whole wheat pasta. It has double the fibre than white pastas.

Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool then slice thinly.

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Reduce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly thickened. Remove from the heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the peas and bell pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Get fancy in just a few steps

This Browned Butter Mushroom Ravioli with Sage recipe serves four. NEWS CANADA

1. Put pot of lightly salted water on to boil for pasta.

2. In shallow skillet, melt butter over medium high heat. Add sage leaves. Cook, swirling pan occasionally, until butter turns brown and smells like toasted almonds. Remove skillet from heat. Place sage leaves on a couple layers of paper towel to drain. Reserve 1 tablespoon of the browned butter for later.

3. Return skillet to medium heat. Sauté garlic in browned sage butter until soft. Add mushrooms and increase heat to medium-high, adding a pinch of sea salt and generous grinding of fresh black pepper. Cook mushrooms until soft, 3 to 5 minutes. Stir in thyme and cream, and cook until cream has thickened, 2 minutes. Keep warm on low while you tend to pasta.

4. When water reaches a full, rolling boil, cook pasta to al dente stage. Timing varies depending on whether using fresh or dried pasta. Drain pasta being careful not to tear it.

5. Set out four plates and place one sheet of pasta in the middle of each. Spoon 1/4 of the mushroom mixture on eat sheet of pasta and sprinkle with 1 tablespoon of Parmesan. Top with a second sheet of pasta. Drizzle with some of the browned butter. Garnish with a fried sage leaf. A dusting of more freshly ground pepper is nice, but not necessary. Serve.

NEWS CANADA/ MUSHROOMS.CA.

Ingredients

- 1/4 cup butter
- 4 large sage leaves, whole
- 1 clove garlic, minced
- 4 cups sliced mushrooms
- 1 pinch fine sea salt
- freshly ground black pepper
- 2 sprigs thyme, leaves removed
- 2 tbsp heavy cream (35%)
- 8 sheets pasta sheets, fresh is best but dried will do (about 4 inches square)
- 1/4 cup grated Parmesan

If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.

(Jeanne, homeless for 3 years)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP.

RAISING THE ROOF

Duo has got the simple, silly and spellbinding down to science

Video killed the afternoon bore.
Canadian pair behind AsapScience YouTube videos stunned by enormous success

Featuring simple diagrams and oftentimes hilarious voiceovers, AsapScience's videos stimulate both the brain and the funnybone. YOUTUBE

Twenty-five-year-old University of Guelph grads Gregory Brown and Mitchell Moffit left school and started their professional lives with a goal of demystifying science for as many people as possible.

They've already succeeded far beyond their wildest dreams.

It was about a year and a half ago when Brown and Moffit launched the YouTube channel AsapScience, with a video entitled How to SEE or HEAR the Big Bang.

Neither appears on screen in the quick two-minute video, which is narrated by Moffit and illustrated by Brown with simple drawings on a dry-erase whiteboard.

AsapScience's videos weren't an overnight sensation, but soon enough, web lessons explaining the science behind overeating, weight loss, orgasms, blushing, flatulence, pornography addiction and sleeping started going viral.

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting. So it kind of grew out of the idea of wanting to share the awesome things we had learned," said Moffit. "Trick them into learning science."

AsapScience has now racked up more than 177 million views and has more than two million subscribers, which is more than Drake and just short of Britney Spears and Jennifer Lopez.

And soon their science lessons will be seen on TV. CBC asked the duo to produce a series of sports-related videos that will air daily during the Olympics, as well as being posted to their YouTube channel.

The videos will look and sound just as they do on YouTube, with Moffit explaining the science as Brown sketches out the lesson.

"Part of the reason we think AsapScience has done so well is because it kind of stripped out the personality in a way, it became only about the topic or the subject and you didn't have to worry about who was talking to you," said Moffit.

"And with the whiteboard we're trying to make it less scary," added Brown.

"People are scared of science, it's hard. But it's fascinating, it's fun, it's totally not those things it has the (bad) reputation of being."

What started as a hobby turned into full-time work for the duo, who have hired their first staffer to help run their rapidly growing operation, based out of their Toronto home.

"It's amazing how you don't need that much to create a following like we've created," said Moffit.

"I remember hitting 10 million views and being like, 'Oh my God, that's so insane, it's just so crazy, but we'll never hit 100 million.' And now we're almost at 200 million."

THE CANADIAN PRESS

So which one was it?

- AsapScience's most popular video to date — with more than 14 million views in about a year — examines the age-old question of which came first, the chicken or the egg?

Asap co-creators, from left, Gregory Brown and Mitchell Moffit. YOUTUBE

You, you, you, oughta know

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting."

Mitchell Moffit,
co-creator of AsapScience

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Study up on saving during school days

Enjoying time with your friends doesn't need to be expensive. ISTOCK

Cash on campus.

Structures like an envelope system and spending diary create ways to curb the splurge

VICKI SALEMI
Metro World News

The good news: there's no time like the present to start getting into healthy spending habits and paying attention to your bank account right here, right now. The bad news? With an abundance of options to spend, spend, spend on campus, university life can become a ripe environment for negative cash flow.

But it doesn't have to become your story. There are several strategies to get a hold of your finances as a student. If your hall mates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to those dorm dinners. "If anyone asks," she says, "let them know that you are saving up for a special trip or purchase."

Another habit is a spending diary. Francis says this is particularly helpful when you start tracking expenses to create a budget. It's just what you think it is: Track everything you spend and then analyze the month.

Francis advises, "Review your spending patterns and figure out where you could cut costs and where you can afford more leeway." Seeing how much money's being spent on restaurants, clothes and other items could be surprising. Francis says "having a big picture view of how you spend is very effective and necessary."

Plus, you can always kick it old school. Francis suggests the envelope system. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. If you budgeted $200 for groceries and only use that envelope of cash for the supermarket, as soon as that $200 has whittled away, you can't spend more on groceries that month.

Toonie-saving tips

- Utilize your pre-paid meal plan.
- Use cash for everything.
- Buy used books.
- Stock up on groceries and snacks when you're home.
- Suggest less expensive ways to hang out with friends like working out instead of going to the mall.

'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.

Look to the turtle when your road gets rough. ISTOCK

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-oneself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Etch out an entrepreneurial plan lest the economy eats you up

There's freedom in the freelance. Every person has a plethora of talents, so how about turning a side hobby into a cash-making side career

DAN SCHAWBEL
Metro World News

What skills have you got in your back pocket that aren't being put to good use? ISTOCK

Gone are the days when you could rely on one source of income to survive. Secure full-time jobs are scarce — the economy is too unpredictable, and there are many external factors that you can't control — like your company going into bankruptcy or eliminating your department.

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well respected company doesn't mean you're protected from unpredictable layoffs.

In this kind of employment climate, you need to have multiple sources of income.

The best way to accomplish that is by having an entrepreneurial mindset. Think about career diversification the same way you think about managing a portfolio of stocks.

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification, and it's becoming more and more popular. Intuit predicts that 40 per cent of U.S. workers will be freelancers by the year 2020. With freelancing you can take on multiple clients, and if you lose one you can still survive. Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If you work for a big corporation, you should be doing side projects (such as freelancing) just in case you get laid off.

You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can make because it gives you the upper hand in your career, and is your best insurance plan against things that you can't control.

Casting a wide workplace net

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

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1st-period barrage leaves Giants in a hole vs. Americans

The Vancouver Giants outshot their opponents by an almost 2:1 ratio on Sunday, and still came away with a loss.

The Giants, fresh off of getting head coach Don Hay his 600th career win on Friday in Kamloops, lost on the road to the Tri-City Americans by a final score of 4-0, despite firing 43 shots on goalie Eric Comrie.

Payton Lee recorded the loss for Vancouver. He allowed three goals on 12 shots and was pulled with less than five minutes remaining in the first period.

The Americans scored three times in the span of just over eight minutes in the opening period to take control the of the game.

The Giants continue their swing down south on Monday, when they travel to Portland to play the Winterhawks, who beat Spokane earlier on Sunday.

The Giants still remain seventh in the Western Conference, eight points up on eighth-place Tri-City. The Winterhawks are second in the West, with a 30-12-2-3 record and 65 points. METRO

AFC championship

Manning delivers knockout punch to Brady bunch

Peyton Manning stuffed the football into his helmet and handed it to an equipment man for safekeeping.

The Broncos quarterback had an answer for everyone Sunday — from Tom Brady to the New England defence to anyone who thought he couldn't win the big one.

Manning is taking the Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories — this time, a 26-16 win over the Patriots on Sunday in the AFC title game.

"Being in my 16th season, going to my third Super Bowl, I know how hard it is to get there," Manning said.

Manning will try to become the first starting quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against the Seattle Seahawks. THE ASSOCIATED PRESS

Flames winger Brian McGrattan and Canucks winger Tom Sestito fall to the ice as they fight in Vancouver on Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Off-ice clash could be trouble for Torts

NHL. Canucks coach blames Hartley for flare-up with Flames as he awaits discipline

CAM TUCKER
cam.tucker@metronews.ca

The now infamous first intermission off-ice dust-up involving John Tortorella, which followed a line brawl to start Saturday's game at Rogers Arena, likely means supplemental discipline for the Vancouver Canucks head coach.

According to CBC Sports, Tortorella will have an in-person hearing in New York on Monday. In Saturday's nationally televised game, Tortorella was incensed with Calgary Flames head coach Bob Hartley for starting his fourth line, which included pugilists Kevin Westgarth and Brian McGrattan, which the Canucks feel was a direct cause of a line brawl just two seconds after puck drop.

The home team lists its starting lineup after the visitors. Rather than putting the Sedin twins out against Westgarth and McGrattan, Tortorella selected his fourth line, which included Tom Sestito, Dale Weise and Kellan Lain, who was making his NHL debut.

The result of the brawl was 152 penalty minutes. In two seconds.

During the intermission, Tortorella found his way to the tunnel outside the Flames dressing room and was seen in a melee that McGrattan, who fought Sestito off the opening faceoff, appeared to do his best to break up.

The Canucks won 3-2 in a shootout. Just an afterthought. The brawl and intermission scuffle was the story.

Tortorella remained behind the bench for the duration of the game. He spoke about the brawl briefly afterward.

"I see the starting lineup and I know the other guy across the bench and it's for people to say, 'Put the Sedins out there and it's deflated,'" said Tortorella.

"I can't put our players at risk that way. With the lineup he (Hartley) had, I am not going to put those players at risk and that's what ensues.

"I'm not proud of it. I've apologized to the players involved in it."

Henrik's streak halted?

Canucks captain Henrik Sedin was taken out of Saturday's game during the second intermission and is now listed as "day-to-day" with an unspecified injury.

- Sedin is not only battling through a finger injury, but he was hurt again when he took a cross check to the mid-section against the Phoenix Coyotes on Thursday.
- Sedin has not missed an NHL game since March 19, 2004. His ironman streak now sits at 679 regular-season games.

Seahawks CB Richard Sherman hits the ball away from San Francisco 49ers WR Michael Crabtree. THE ASSOCIATED PRESS

Seattle in New York state of mind

The Seattle Seahawks are bringing their game-changing defence — and the 12th Man — to the Big Apple for the Super Bowl.

Seattle's top-ranked defence forced three fourth-quarter turnovers, and Russell Wilson threw a 35-yard touchdown pass on fourth down for the winning points in a 23-17 victory over the San Francisco 49ers for the NFC title Sunday.

Seattle will meet Denver (15-3) for the NFL title in two weeks in the New Jersey Meadowlands. It's the first trip to the big game for the Seahawks (15-3) since they lost to Pittsburgh after the 2005 season.

It also is a classic matchup of Denver's record-setting offence against the NFL's stingiest defence. Denver opened as a one-point favourite over Seattle on the Glantz-Culver line.

Moments after Richard Sherman tipped Colin Kaepernick's pass to teammate Malcolm Smith for the clinching interception, the All-Pro cornerback jumped into the stands behind the end zone, saluting the Seahawks' raucous fans.

THE ASSOCIATED PRESS

4 SPORTS

Tough off-season coming to an end for Whitecaps

MLS. With training camp on the horizon, local side ready to put happenings of past few months behind it

CAM TUCKER
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In five days, the Vancouver Whitecaps will officially begin training camp. An eventful, turbulent off-season is slowly ending.

From the end of the regular season until Friday, it seems the Whitecaps were enveloped in controversies — some lasting for just a day, others for weeks.

Oct. 29, 2013: The Whitecaps fired head coach Martin Rennie. The club failed to make the playoffs following another late-season swoon. The hiring process to find a replacement took almost seven weeks, with Carl Robinson officially introduced as the new coach. Big-name candidates that chose to go elsewhere included Jason Kreis and Bob Bradley. They missed out on Frank Yallop, too.

Nov. 6, 2013: Sophomore striker Darren Mattocks, who struggled mightily last season, sounded his frustrations on Jamaican TV. In the interview, he suggested his absence from the lineup as a reason why they fell short in 2013. Whitecaps president Bob Lenarduzzi said the club was "disappointed" Mattocks chose the media to express his feelings.

Jan. 2 to 17: The Camilo Sanvezzo saga finally reached a conclusion Friday, when the Whitecaps announced a multi-million dollar transfer of the skilled but disgruntled striker to Queretaro FC in Mexico. A photo of Sanvezzo in a Queretaro kit appeared on Twitter, infuriating local fans but making it clear Sanvezzo no longer wanted to play in Vancouver. The believed cause of the breakup: Sanvezzo was unhappy the club did not discuss a raise with him at season's end.

Jan. 17: The day after the MLS SuperDraft, Goal.com reported Vancouver's seventh overall pick Andre Lewis had actually agreed to a deal prior to the draft with the New York Cosmos in the NASL. Lenarduzzi said of Lewis on Friday after arriving back in Vancouver: "He's going to be in Vancouver … He's our player."

Darren Mattocks grew frustrated with his role last season and felt his lack of playing time hurt the team down the stretch. GETTY IMAGES FILE

NBA

Durant holds court over Kings

Kevin Durant scored 30 points to lead the Oklahoma City Thunder past the Sacramento Kings 108-93 on Sunday night.

Durant, coming off a career-high 54-point game on Friday against Golden State, shot 10-for-15 from the field and had nine assists. He scored at least 30 points for the seventh straight game.

Isaiah Thomas scored a career-high 38 points for the Kings.

THE ASSOCIATED PRESS

NBA

Lakers end Raps' home win streak

Nick Young had 29 points while Pau Gasol added 22 to lead the short-handed Los Angeles Lakers past the Toronto Raptors 112-106 on Sunday afternoon at the Air Canada Centre.

DeMar DeRozan led Toronto with 23.

THE CANADIAN PRESS

Australian Open

Historic win lands Bouchard in quarter-finals

Eugenie Bouchard became the first Canadian in 22 years to reach the quarter-finals of a Grand Slam on Sunday by beating Casey Dellacqua 6-7 (5-7), 6-2, 6-0 at the Australian Open.

The 19-year-old from Montreal is the first Canadian since Patricia Hy-Boulais at the 1992 US Open to get this far at a major.

Seeded 30th, the victory could move Bouchard to as high as 21st on the WTA rankings. The last Canadian to rank in the Top 30 was Aleksandra Wozniak in 2009.

On Tuesday, Bouchard takes on former world No. 1 Ana Ivanovic, who ended Serena Williams' 25-match winning streak Sunday.

THE CANADIAN PRESS

Eugenie Bouchard
THE ASSOCIATED PRESS

Olympic hockey. Crosby to captain Canadian ship

Sidney Crosby is the face of the NHL and hockey in Canada, so it's only natural that he'll be the country's captain at next month's Sochi Olympics.

The Pittsburgh Penguins captain, who scored the gold-medal-winning overtime goal against the United States in Vancouver four years ago, got the nod to wear the C this time around.

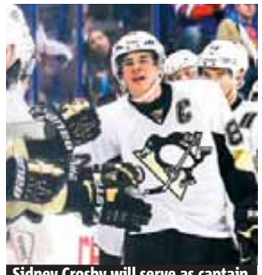
Jonathan Toews of the Chicago Blackhawks and Shea Weber of the Nashville Predators were named alternate captains, Hockey Canada announced Sunday morning.

"Sidney, Jonathan and Shea have been leaders on the international stage in the past, as well as with their NHL teams," coach Mike Babcock said in a statement. "These three players will be at the forefront of our efforts in Sochi, but we are confident we have 25 players on our roster that will lead in their own way and allow our team to be successful."

There will be no shortage of leadership in Sochi given the presence of six NHL captains, but it starts with Crosby.

"Playing for Team Canada, playing in the Olympics is a great opportunity," Crosby said. "But being able to be named the captain is definitely an honour."

Crosby was made the youngest captain in NHL history when he got the C for the Pittsburgh Penguins six and a half years ago. In 2009, he raised the Stanley Cup as captain. THE CANADIAN PRESS



Sidney Crosby will serve as captain for Canada's men's Olympic hockey team. DEREK LEUNG/GETTY IMAGES

Quoted

"He was probably ready when he was 16."

Former Team Canada captain Scott Niedermayer said he had no doubt Sidney Crosby is ready to assume that role.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	48	30	15	3	138	107	63
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	50	25	20	5	141	152	55
Detroit	48	21	17	10	121	130	52
Ottawa	49	21	19	9	139	155	51
Florida	48	18	23	7	111	147	43
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	49	25	19	5	134	140	55
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	50	19	24	7	138	163	45

Sunday's results
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1
Saturday's results
San Jose 5 Tampa Bay 4
NY Rangers 4 Ottawa 1
Winnipeg 3 Edmonton 2 (OT)
Detroit 3 Los Angeles 2 (SO)
Columbus 4 Buffalo 3 (SO)
Carolina 3 Florida 2
Toronto 5 Montreal 3
Philadelphia 6 NY Islanders 4
Phoenix 3 New Jersey 2
Anaheim 3 St. Louis 2
Colorado 5 Nashville 4
Minnesota 3 Dallas 2 (OT)
Vancouver 3 Calgary 2 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	47	32	10	5	166	107	69
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Dallas	48	21	19	8	136	148	50
Nashville	50	21	22	7	121	151	49
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	49	29	14	6	126	100	64
Vancouver	50	25	16	9	127	127	59
Phoenix	48	23	16	9	139	145	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

Monday's games — All Times Eastern
Philadelphia at NY Islanders, 1 p.m.
Los Angeles at Boston, 3 p.m.
Florida at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Toronto at Phoenix, 8 p.m.
Dallas at Nashville, 8 p.m.
Calgary at San Jose, 10:30 p.m.
Tuesday's games
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	11	.725	3½
Atlanta	20	19	.513	12
d-Toronto	20	19	.513	12
Washington	19	20	.487	13
Chicago	19	20	.487	13
Detroit	17	23	.425	15½
Brooklyn	16	22	.421	15½
Charlotte	17	25	.405	16½
Cleveland	15	25	.375	17½
New York	15	25	.375	17½
Boston	14	28	.333	19½
Philadelphia	13	27	.325	19½
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	9	.775	½
Oklahoma City	31	10	.756	1
d-L.A. Clippers	28	14	.667	4½
Houston	27	15	.643	5½
Golden State	26	16	.619	6½
Phoenix	23	17	.575	8½
Dallas	24	18	.571	8½
Memphis	20	19	.513	11
Denver	20	20	.500	11½
Minnesota	19	21	.475	12½
L.A. Lakers	16	25	.390	16
New Orleans	15	24	.385	16
Sacramento	14	25	.359	17
Utah	14	28	.333	18½

d - division leader

Sunday's results
L.A. Lakers 112 Toronto 106
Orlando 93 Boston 91
San Antonio 110 Milwaukee 82
Oklahoma City 108 Sacramento 93
Phoenix 117 Denver 103
Monday's games — All Times Eastern
Dallas at Cleveland, 1 p.m.
L.A. Clippers at Detroit, 1 p.m.
Toronto at Charlotte, 2 p.m.
Philadelphia at Washington, 2 p.m.
Brooklyn at New York, 2:30 p.m.
New Orleans at Memphis, 5 p.m.
Miami at Atlanta, 5:30 p.m.
L.A. Lakers at Chicago, 8 p.m.
Portland at Houston, 8 p.m.
Indiana at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

♉ Taurus
April 21 - May 21
Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

♊ Gemini
May 22 - June 21
You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

♋ Cancer
June 22 - July 23
It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

♌ Leo
July 24 - Aug. 23
For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

♍ Virgo
Aug. 24 - Sept. 23
Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

♎ Libra
Sept. 24 - Oct. 23
If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

♐ Sagittarius
Nov. 23 - Dec. 21
The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

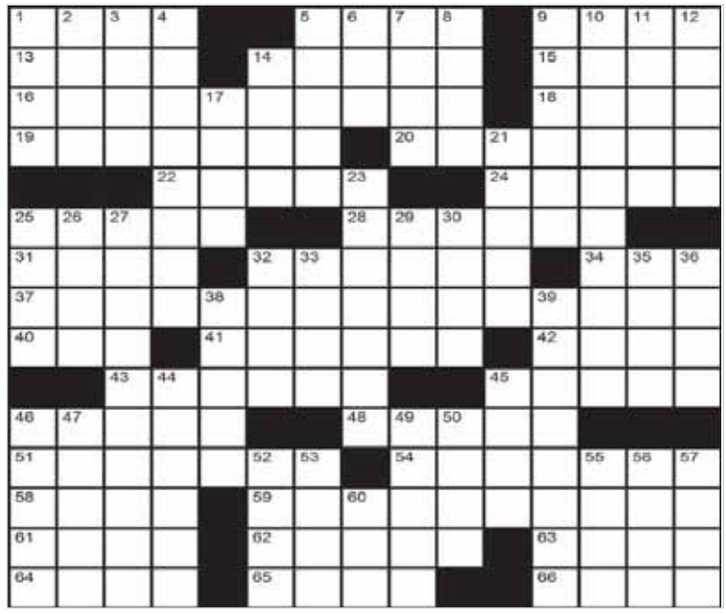
♒ Aquarius
Jan. 21 - Feb. 19
The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

♓ Pisces
Feb. 20 - March 20
What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



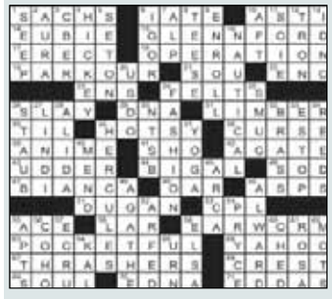
Across

1. Folk classic: "__ __ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 __ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had _ __ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "_! __..." (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You __ __ Rich?"
46. Rainforest, for one
48. Enjoy the meal: 2 wds.
51. Debit card service in Canada
54. Wander about
58. Industrial region of Germany
59. "__ Canada" on CTV
61. Little bit of residue
62. Notions
63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, __ Island
66. 'Gang' suffix

Down

1. "Say as he says, __ __ shall never go." - Hortensio, The Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace
9. Treasures
10. Go skydiving, visit Paris, climb Mount Everest, etc.: 2 wds.
11. Enroll
12. Navy elites
14. Tree log bump
17. John, in Russia
21. Follows orders
23. Hip-Hop artist (aka Aaron Hoffman) from Vernon, BC
25. Nautical hook
26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. __ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '_' __ Effort
60. Determine

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6			8		1			
3	5						4	8
	4			7		1		
	3		7	5				2
		4				6		
9				6	2		7	
		3		2			6	
5	9						8	4
			4		9			1

Friday's Sudoku

5	3	9	6	7	2	8	1	4
2	1	4	8	9	5	7	3	6
8	6	7	4	3	1	9	2	5
3	8	2	1	4	7	6	5	9
7	9	5	3	8	6	1	4	2
1	4	6	2	5	9	3	7	8
4	2	1	7	6	8	5	9	3
9	7	8	5	2	3	4	6	1
6	5	3	9	1	4	2	8	7

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